



# AFTB UPDATE

SERVING USAG-VICENZA

*“What can AFTB Classes do for me?”*

## **SURVIVING & THRIVING IN THE ARMY**

### **AFTB Level I Training**

Ever wonder what an LES can really tell you? Confused by all those Army acronyms? What are your local resources? Than this class is just what you are looking for! Soldiers who complete this level receive promotion points!

## **WE'RE IN THE ARMY NOW!**

### **AFTB Level II Training**

What does crisis management really mean? What does it mean to communicate effectively? Want to brush up on your leadership skills? Level I is a recommended pre-requisite, but not required.

## **MAKING A DIFFERENCE THROUGH LEADERSHIP**

### **AFTB Level III Training**

Want to improve your problem solving techniques? What does it take to plan a workshop? Want to advance your presentation skills? Level I & II are recommended pre-requisites, but are not required.

## **INSTRUCTOR TRAINING**

Pull it all together and become part of the AFTB teaching team! Share with others the knowledge you have learned through your own experience and AFTB courses. You must have taken one level prior to becoming an instructor.

## AFTB SCHEDULE OF EVENTS

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July 24-25 from 8:30-3 Surviving and Thriving in the Army

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Aug. 29-30 from 8:30-3 Surviving and Thriving in the Army

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Sept. 11-13 from 8:30-3 We're in the Army Now (and so are you)!

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Oct. 2-4 from 8:30-3 Instructor Training—Become an instructor and join our team!  
\* Must have taken at least one level prior to attending

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Oct. 17-18 from 8:30-3 Surviving and Thriving in the Army

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Nov. 19-20 from 8:30-3 Surviving and Thriving in the Army

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Dec. 4-6 from 8:30-3 We're in the Army Now (and so are you)!

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### **PROMOTION POINTS ARE EARNED BY TAKING ANY AFTB LEVEL!**

*“AFTB is just what I need! How can I sign up?”*

Contact the Vicenza AFTB Program Manager, at DSN 634- 8526 (COM 0444-718526), [aftb.vicenza@eur.army.mil](mailto:aftb.vicenza@eur.army.mil) or stop by Davis Hall, to sign up for classes. All daytime classes include **free childcare**, but slots are limited, so sign up early! Materials are available in English, Spanish, Korean and German. If materials are needed in a language other than English, please be sure to notify AFTB when registering for a class. On-line classes are available on [www.myarmylifetoo.org](http://www.myarmylifetoo.org) by selecting the AFTB tab.

**LEVEL I**  
**“Surviving & Thriving in the Army!”**

Expectations and Impact of the Mission on Family Life; Military Acronyms and Terms; The Chain of Command; Introduction to Military Customs and Courtesies; Basic Military Benefits and Entitlements; Introduction to Military and Civilian Community Resources; Introduction to Family Readiness Groups; Supporting Your Child’s Education; Introduction Family Financial Readiness; Basic Problem Solving

**LEVEL II**  
**“We’re in the Army Now!”**

Communication; Personal Time Management; Stress Management; Acknowledging Change; Exploring Personality Traits; Enhancing Personal Relationships; Team Dynamics; Personal Conflict Management; Creative Problem Solving; Tradition, Customs, Courtesies and Protocol; Crisis, Coping and Grieving; The Volunteer Experience; Family Readiness Groups and the Deployment Cycle; Introduction to Leadership

**LEVEL III**  
**“Making a Difference Through Leadership!”**

Communication Skills for Leaders; Understanding Needs; Leadership Styles; Building Cohesive Teams; Managing Group Conflict; Leader Assisted Problem Solving; Delegation for Leaders; Meeting Management; Coaching and Mentoring; Family Readiness Group Leadership

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**Request for AFTB Training for FRG or Unit**

Commanders or FRG leaders may contact AFTB to schedule specific classes for their unit. You may schedule an entire level or single class. Classes may be scheduled in Italian. Classes should be scheduled a minimum of two weeks prior to date. Special requests will be filled based on the availability of instructors. Drop off the form at Davis hall or email the information to [aftb.vicenza@eur.army.mil](mailto:aftb.vicenza@eur.army.mil).

Point of Contact: \_\_\_\_\_ Today’s Date: \_\_\_\_\_

Name of organization/unit: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone Number: \_\_\_\_\_ CMR Box #: \_\_\_\_\_

Requested Date(s) and times of training: \_\_\_\_\_